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(54) Title: PROCESS FOR THE PREPARATION OF A NUTRITIVE PREPARATION BASED ON VEGETABLE MATTER AND THE PRODUCT PREPARED BY THE PROCESS

(57) Abstract: The invention relates to a process for the preparation of a nutritive preparation based on vegetable matter, which nutritive preparation includes vegetable cutlets, balls, nuggets, loaves and kebabs, in which process textured soy protein flakes, psyllium husk powder, liquid and extra ingredient/s optionally chosen from among flour, spices, herbs and non-animal broth concentrate are turned into a mixture by warming the mixture at an elevated temperature, after which pieces of desired shape are prepared from the substance and they are fried by heat. The object of the invention is also a nutritive preparation based on vegetable matter, which contains textured soy protein flakes, psyllium husk powder, liquid and extra ingredient/s optionally chosen from among flour, spices, herbs and non-animal broth concentrates.